# <u>Paddling Improvement Series</u> Theory Session #2 – Tides and Currents

Looking to improve your paddling skills? Comox Valley Kayaks & Canoes is running a series of sessions to help improve your paddling skills beyond beginner and into the intermediate realm, so you'll feel more confident in varied conditions and settings.

We'll have both on-water and theory sessions to increase people's skills, knowledge and comfort. These sessions are aimed at people with previous paddling experience, and best suited to those who've already received some kayak instruction.

These sessions will be particularly helpful for anyone planning or preparing for their level 2 Paddle Canada certification.

#### **Course Overview**

### **Course Length:**

### 2 hours

This theory session will support learners with a foundational understanding of tides and currents. We'll also determine where to find information about tide heights and current speeds, and how to interpret that data. We'll look at the potential impacts while kayaking and how this information is connected to nautical charts and route-planning.

**Location:** Theory sessions will take place at our shop at 2020 Cliffe Ave in Courtenay. Please arrive 10 to 15 minutes early to allow time for parking and to complete a liability waiver.

## **Contact Information**

For further questions, please email: <a href="mailto:lessonstours@comoxvalleykayaks.com">lessonstours@comoxvalleykayaks.com</a> For urgent inquiries, please call or text Viki @ (306) 230-4030 (text preferred).

We look forward to seeing you on the water!